

Chapter 3

Health and Fitness

Vocabulary

Lesson 1 Taking Care of Your Skin, Hair, and Nails (Pages 98 – 103)

¶ **epidermis** – the protective outer layer of the skin.

¶ **dermis** – the lower layer of the skin.

¶ **hair follicles** – tiny sacs from which hairs grow.

¶ **acne** – a common skin disorder due to excess oil, which clogs pores.

¶ **cuticle** – the skin around the nail.

¶ **sunscreen** – a cream, oil, or lotion containing chemicals that protects you from ultraviolet rays.

¶ **SPF** – “Sun Protection Factor” – indicates how many times longer you can stay in the sun without burning while using sunscreen than you could without it.

Lesson 2 Choosing Skin and Hair Products (Pages 104 – 107)

⌘ **consumer** – someone who buys products and services.

⌘ **advertising** – the process of giving people information that encourages them to buy something.

⌘ **ingredients** – substances contained in a product.

Lesson 3 Taking Care of Your Teeth and Gums (Pages 108 – 111)

⌘ **plaque** – a sticky substance coating the teeth.

⌘ **calculus** – when plaque accumulates and hardens into a yellow substance.

⌘ **fluoride** – a mineral that strengthens tooth enamel.

⌘ **dental sealant** – a clear coating that helps protect teeth against cavities.

⌘ **dental appliances** – help strengthen teeth and improve their appearance.

Lesson 4 Taking Care of Your Vision and Hearing (Pages 112 – 117)

- ⦿ **astigmatism** – a vision problem in which the lens or cornea has the wrong shape.
 - ⦿ **conjunctivitis** – another name for pinkeye, which is an infection of the tissue on the outside of the eye and tissues under the eyelid.
 - ⦿ **sty** – an infection of the oil or sweat glands in the eyelid.
 - ⦿ **decibels** – the unit of measure for the loudness of sounds.
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Lesson 6 Fitness and Exercise (Pages 122 – 129)

- 🚴 **muscular endurance** – using your muscles for a long time without having to stop.
 - 🚴 **flexibility** – the ability to bend, twist, and stretch comfortably.
 - 🚴 **muscular strength** – the ability of a muscle to exert great force.
 - 🚴 **cardiovascular fitness** – means having a strong heart and circulatory system.
 - 🚴 **Activity Pyramid** – shows different types of activities and how often to do them.
 - 🚴 **Calories** – unit of measure for the energy in food.
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Lesson 7 Your Exercise and Fitness Program (Pages 130 – 135)

- 🏃 **workout** – an exercise session.
- 🏃 **warm-up** – the first part of a workout.
- 🏃 **aerobic exercise** – exercise that is active so that your heart pumps hard and you breathe fast.
- 🏃 **target heart rate** – the rate at which your heart beats when you are working hard enough to make your heart and lungs stronger.
- 🏃 **anaerobic exercise** – exercise that helps increase muscle strength, but does not benefit the heart or lungs.
- 🏃 **cool-down** – the last part of an exercise workout.
- 🏃 **fatigue** – a tired feeling that often occurs after a workout.